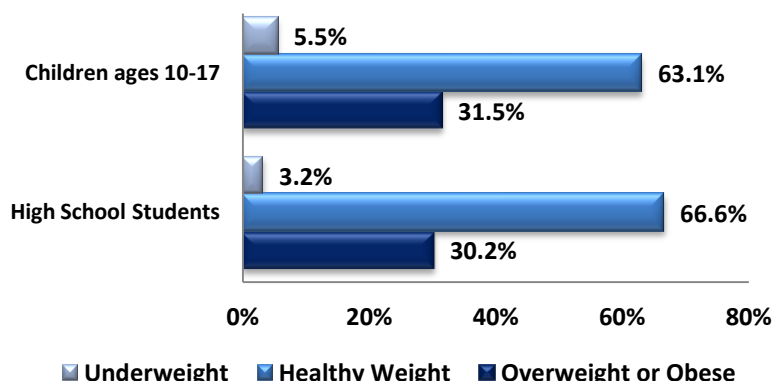




**OVERWEIGHT AND OBESITY** are terms for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify weight ranges that have been shown to increase the risk for certain diseases and other health problems.

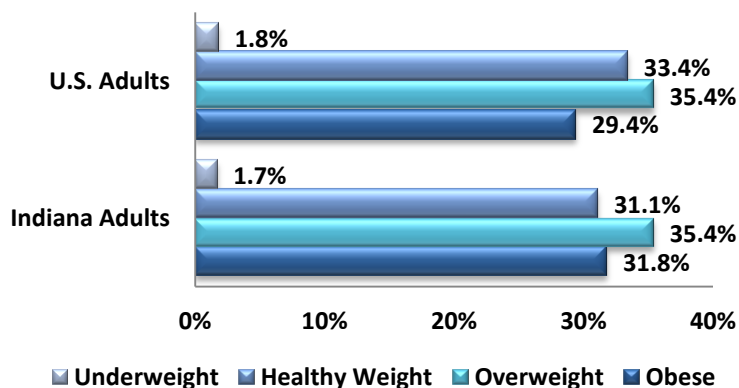
In 2011, 31.5% of Indiana children ages 10–17 were considered overweight or obese [Fig 1].<sup>1</sup> Among Indiana high school students, 30.2% were considered overweight or obese [Fig 1].<sup>2</sup>

Figure 1. Percent of children ages 10-17 and high school students by weight status, Indiana, 2011<sup>1,2</sup>



In 2013, 64.8% of U.S. adults<sup>†</sup> were considered either overweight or obese, as compared to 67.2% of Indiana adults<sup>†</sup> who were considered overweight or obese [Fig 2].<sup>3</sup> This amounts to over 3.3 million Hoosier adults, which is slightly more than the population of the state of Iowa.

Figure 2. Percent of adults<sup>†</sup> by weight status, Indiana and U.S., 2013<sup>3</sup>



<sup>†</sup>Adults are people ages 18 years and older

## Calculating weight status: Body Mass Index (BMI)

- People's weight status is determined by using their weight and height to [calculate](#) their BMI.
- For most people, their BMI is closely related to the amount of body fat they have.
- Because children's body composition varies with age and sex, their BMI is determined using age- and sex-specific percentiles for BMI rather than the BMI categories used for adults.

## Adult BMI categories

- Underweight: Below 18.5
- Healthy Weight: 18.5–24.9
- Overweight: 25.0–29.9
- Obese: 30.0 and above

## Child BMI categories

- Underweight: Less than the 5<sup>th</sup> percentile
- Healthy Weight: 5<sup>th</sup> percentile to less than the 85<sup>th</sup> percentile
- Overweight: 85<sup>th</sup> percentile to less than the 95<sup>th</sup> percentile
- Obese: Greater than or equal to the 95<sup>th</sup> percentile

## Risk factors for becoming overweight or obese<sup>4</sup>

- Physical inactivity
- Unhealthy diet and eating habits
- Social and economic issues
- Family lifestyle
- Genetics
- Age
- Not breastfed as an infant<sup>5</sup>

## Health consequences of being overweight or obese<sup>6</sup>

- Hypertension (high blood pressure)
- High total cholesterol, low HDL cholesterol, and/or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (e.g., endometrial, breast and colon)



## Economic consequences

### Indiana

- During an average year, Hoosiers pay \$3.5 billion in obesity-related medical costs.<sup>7</sup>
  - 36.9% of these costs are financed by the public sector through Medicare and Medicaid.<sup>7</sup>

### United States

- In 2008, obesity-related health care costs were estimated at \$147 billion.<sup>8</sup>
  - This equals 9.1% of annual medical spending.<sup>9</sup>
- If obesity rates remain level, there would be a \$550 million savings in medical expenses over the next two decades.<sup>9</sup>
- If obesity rates continue to rise following current trends, total health care costs attributable to obesity and overweight will more than double every decade by 2030.<sup>9</sup>
  - This would equate to \$860 to \$956 billion or 15.6% to 17.6% of total health care costs.<sup>10</sup>

## TAKE ACTION: Steps you can take to prevent or manage being overweight or obese

- [Maintain a proper diet and nutrition](#)
  - Eat more [fruits](#) and [vegetables](#) and less high-fat, high-sugar, and high-sodium foods.
  - Drink more water and fewer sugary drinks.
- [Be physically active](#)
  - Adults should have 150 minutes of moderate-intensity aerobic activity **OR** 75 minutes of vigorous-intensity aerobic activity each week.
  - Children should have 60 minutes or more of moderate- or vigorous-intensity aerobic activity each day.
  - Limit screen time (TV, computer and video games) for children to less than two hours per day.
- [Support Breastfeeding](#)
  - It is recommended that new mothers breastfeed for at least 12 months.

## Resources

- Calculate your or your child's BMI at: [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).
- To help families and communities understand physical activity and how it relates to maintaining a healthy weight, see these [Physical Activity Tools and Resources](#).
- To learn about America's move to raise a healthier generation of kids, visit [Let's Move](#).
- For information about how communities can promote active living and higher levels of physical activity, visit [Health by Design](#).
- For resources on healthy eating and living—including recipes, nutritional information, and a food and activity tracker—visit [Choose My Plate](#).
- To learn more about how to eat right and tips to stay on track, visit [Eat Right](#).
- To help Hoosiers and their families eat better, move more, and avoid tobacco, visit [INShape Indiana](#).
- For more information on what is being done in Indiana, visit the [Indiana Healthy Weight Initiative](#) website.

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